



Slow-Cooker Black Beans and Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



380 min.

SERVINGS



6

CALORIES



415 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups black beans dried rinsed
- 1 cup onion chopped
- 1.5 cups bell pepper chopped
- 5 cloves garlic finely chopped
- 2 bay leaves dried
- 14.5 oz canned tomatoes diced organic undrained canned
- 5 cups water
- 2 tablespoons vegetable oil

- 4 teaspoons ground cumin
- 2 teaspoons pepper flakes finely chopped
- 1 teaspoon salt
- 3 cups rice hot cooked

Equipment

- slow cooker

Directions

- In 3 1/2- to 6-quart slow cooker, mix all ingredients except rice.
- Cover; cook on High heat setting 6 to 8 hours.
- Remove bay leaves.
- Serve beans over rice. Note: This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For slow cookers with just a heated base, follow the manufacturer's directions for layering ingredients and choosing a temperature.

Nutrition Facts



■ PROTEIN 17.2% ■ FAT 13.37% ■ CARBS 69.43%

Properties

Glycemic Index:47.67, Glycemic Load:26.64, Inflammation Score:-9, Nutrition Score:29.091304405876%

Flavonoids

Petunidin: 9.97mg, Petunidin: 9.97mg, Petunidin: 9.97mg, Petunidin: 9.97mg Delphinidin: 11.96mg, Delphinidin: 11.96mg, Delphinidin: 11.96mg, Delphinidin: 11.96mg Malvidin: 6.86mg, Malvidin: 6.86mg, Malvidin: 6.86mg, Malvidin: 6.86mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg

Nutrients (% of daily need)

Calories: 415.06kcal (20.75%), Fat: 6.32g (9.73%), Saturated Fat: 1.07g (6.71%), Carbohydrates: 73.9g (24.63%), Net Carbohydrates: 60.8g (22.11%), Sugar: 7.26g (8.07%), Cholesterol: 0mg (0%), Sodium: 497.28mg (21.62%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 18.31g (36.62%), Folate: 321.25µg (80.31%), Vitamin C: 59.25mg (71.82%), Manganese: 1.35mg (67.65%), Fiber: 13.1g (52.41%), Vitamin B1: 0.7mg (46.41%), Copper: 0.79mg (39.68%), Potassium: 1344.41mg (38.41%), Magnesium: 148.81mg (37.2%), Phosphorus: 312.17mg (31.22%), Iron: 5.47mg (30.41%), Vitamin B6: 0.55mg (27.37%), Vitamin A: 1360.21IU (27.2%), Zinc: 3.19mg (21.27%), Vitamin K: 17.87µg (17.02%), Vitamin B3: 2.91mg (14.57%), Calcium: 143.08mg (14.31%), Vitamin E: 2.05mg (13.64%), Selenium: 9.01µg (12.87%), Vitamin B2: 0.22mg (12.84%), Vitamin B5: 1.25mg (12.49%)